



BLUE JAYS TALK ABOUT  
MINOR LEAGUE BALL  
IN OTTAWA DURING  
WINTER TOUR {page 6}

## CULINARY TRADITIONS OF AFGHANISTAN LUNCH RUSH

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# RUFFLED FEATHERS THATCHERITES GIVE FILM'S IRON LADY COLD RECEPTION {page 11}



OTTAWA

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Tuesday, January 10, 2012  
[www.metronews.ca](http://www.metronews.ca)



News worth sharing.

STEVE COLLINS/FOR METRO



► Firefighters tackle a blaze at 179 Waverley St. yesterday.

# Bike-patrol cops spot blaze

► Two Ottawa bike police reported Centretown house fire and tried to enter and warn possible occupants but were pushed back by thick smoke ► Nearby houses escaped damage as firefighters successfully contained fire



STEVE  
COLLINS  
[OTTAWA@METRONEWS.CA](mailto:OTTAWA@METRONEWS.CA)

Nobody was hurt, but a Monday-afternoon fire caused extensive

damage to a house on Waverley Street. Fire crews believe it started on the house's second floor before spreading to the third floor and attic.

When firefighters responded

to the 1:45 p.m. call, heavy flames could be seen coming from the second floor windows.

They conducted a search of the residence and confirmed nobody was home.

Both occupants of the house were later contacted at work.

The blaze caused an estimated \$650,000, and the cause of the fire is currently under investigation.

The aftermath of suspicious fire in a highrise {page 3}

How to help a family burned out of their home in an earlier blaze {page 4}



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# Residents escape blaze in highrise

 STEVE COLLINS  
OTTAWA@METRONEWS.CA

The unlucky 13th floor of a highrise on Cedarwood Drive was charred by a suspicious fire Sunday night, but luckily no one was hurt.

Resident Gloria Belair spent a half-hour Sunday

night trapped on her balcony waiting to be rescued as fire raged outside her door, but she still feels fortunate.

"I know I'm lucky," she said. "Even with the bad luck, I'm lucky."

Belair was one of a

handful of residents evacuated from 2850 Cedarwood Drive Sunday evening after a fire broke out in the hallway on her floor a little after 7 p.m.

The Ottawa police arson unit is investigating.



► Gloria Belair surveys the damage to her apartment door from Sunday's fire.



# Jail sentence is fair: Victim

- Luangpakham will face a one-year driving ban upon release
- He had no criminal record, didn't speed, and wasn't intentionally reckless, judge in case says

 STEVE COLLINS  
OTTAWA@METRONEWS.CA

Sommit Luangpakham, the motorist who struck five cyclists and drove away, will be jailed for two years less a day, a sentence

one of his victims said was appropriate.

"I think it was a fair decision given all the circumstances and hearing what the judge had to say," said Cathy Anderson, who was seriously injured in the

**"For us, our impact is truly a lifetime impact, but I'm not the kind of person that would wish the same thing on someone else."**

CATHY ANDERSON, WHO WAS HIT BY LUANGPAKHAM IN 2009

July 2009 hit-and-run, along with her partner, Robert Wein.

Ontario Superior Court Justice Monique Métivier sentenced Luangpakham to consecutive terms of nine months for dangerous driving and 15 months less a day for leaving the scene of the accident.



► Cathy Anderson was one of five cyclists hit by Sommit Luangpakham's minivan in a bicycle lane on March Road in July 2009.



Holidays ruined because you were miserably ill? You're not alone and experts say there's lots of time to get sick again. Scan the code for the story.

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On the web at [metronews.ca](http://metronews.ca)

An Israeli politician caps a heated argument with a colleague by dumping a glass of water on him. Watch at [metronews.ca/video](http://metronews.ca/video)

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10/14

Artist's Rendering

# Friends arrange benefit for family left homeless by fire

- Woman's boyfriend rescued cat from basement days after fire
- City set up temporary home for displaced family at Extended Stay



**JOE LOFARO**  
@METRONEWS.CA

The number of donations that Carmen Mayer has received since her townhouse on Downpatrick Road was destroyed by last Tuesday's fire is virtually endless.

From a new bed and a Nintendo DS for her eight-year-old daughter, Madison Moreno-Mayer, to an iPad, clothes, toiletries and cash, the generosity from friends and even strangers has been overwhelming, Mayer said.

She lost almost everything in the fire, which was started by an oil candle, and wasn't insured.

"Never in my life did I ever think that people were good like this," said Mayer, 29. "For someone to be so selfless, I never imagined it."

A box that contained family keepsakes managed to survive the fire. Mayer's friend Julie Dodd had given it to her at a baby shower.

But it was the loss of Bella, her toy poodle-Yorkie, that was most devastating.

"She followed me every-



► Fire victim Carmen Mayer, second from left, and her boyfriend, Dylan Labelle, top left, met on Monday with Mayer's high school friends who are organizing a benefit for her and her daughter at the Royal Oak this Saturday. From left, counter-clockwise, are Julie Dodd, Kristina Kolonko, Katherina Iglesos and Jillian Shimon.

where. She was my best friend," Mayer said.

The box that held keepsakes will now serve as Bella's final resting place.

The Lord Elgin Hotel put her up for free over the weekend. She has since moved to another

temporary home at the pet-friendly downtown Extended Stay hotel.

And Mayer's friends from high school have organized a benefit at the Royal Oak, at 800 Hunt Club Rd., for Saturday at 2 p.m.

"It was pretty sad to hear about it all, and we just wanted to help her out," Dodd said.

A donation table will be set up, and bands will perform. For more information on the benefit, go to [on.fb.me/xxvCur](http://on.fb.me/xxvCur).

**DR. CHRISTIANE FARAZLI**

## No known link between clinic and hepatitis: City

There is no identified link between the infection-control lapse at a Carling Avenue clinic and cases of hepatitis B and C, or human immunodeficiency virus, says a

report released Monday by Ottawa Public Health.

The report says that 90 per cent of about 7,000 patients who underwent endoscopies by Dr. Christiane Farazli are aware of the lapse that was identified in May.

Of the 4,353 blood tests so far, 369 showed evidence of hepatitis B, and 39 showed evidence of hepatitis C, but there are no cases of serious illness. The report will be posted at [Ottawa.ca](http://Ottawa.ca).

● METRO

## High Commission starts Olympic countdown

Olympic kayaker Kristin Gauthier of Ottawa dropped by the British High Commission on Monday to help raise the official flag of the 2012 Olympics, marking 200 days before the games open. Andrew Pocock, British High Com-

**199** There are 199 days until the London Olympics.

missioner to Canada, noted that London will be the first city to host three Olympics (1908, 1948 and 2012). ● STEVE COLLINS

## Keep dogs on lead: OPP

Ontario Provincial Police are reminding the public that dogs must be securely tied and controlled by their owners after two incidents on Jan. 5 in which officers were bitten by the same dog in Clarence-Rockland.

● METRO

## Scotiabank Park & Ride now open

Located in the north lot of Scotiabank Place, it is being served by Express Routes 261 and 263, weekdays only, when customers press the Request Stop button on the pole at the Park & Ride shelter. ● METRO

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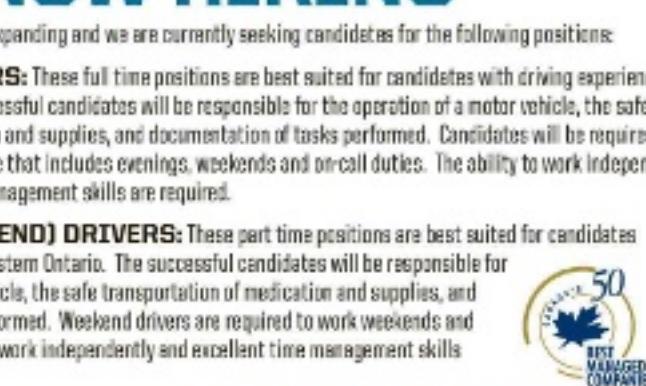
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# Jays: We'd love an Ottawa team

► Montreal, Halifax the next stops on Jays' Winter Tour ► Fans from outside Toronto get chance to meet players



JESSICA  
SMITH  
@METRONEWS.CA

Toronto Blue Jays players in town for the annual Winter Tour say they'd be happy if their AA farm team moved to Ottawa.

"It would be cool because, for me, coming up, I never got to Canada to play until we got to the big leagues," said Jays catcher J.P. Arencibia, who hails from Florida. "So it would be kind of cool to give the (young players) a taste of the culture."

Ottawa city staff are planning to present councillors with the results of a bid process on a new lease for the Ottawa Stadium early this year, and U.S. firm Beacon Sports Capital Partners is interested in making that team

**"Any kind of team here would succeed, because there's a lot of pride in Canadians. And if they had a team they'd support them."**

JAYS CATCHER J.P. ARENCIBIA

an AA franchise.

There has been much hope and speculation, but no promises, that if an AA team comes to town, it could be affiliated with the Jays.

"Someone was kind of whispering about it at the signing, that there was talk about it," said pitcher Casey Janssen, who was signing autographs at the St. Laurent Mall on Sunday.

"As long as you can continue to bring baseball to Canada, spread the

game. Hopefully a little kid can attach on to something, that's what it's all about."

"If it's a farm team for the Blue Jays, it's even better," added pitcher Ricky Romero. "You're kind of getting that culture in and more fans start latching onto our team. Families can go. It would definitely be very cool, I think."

Manager John Farrell said he's "not privy to any conversations that might be going currently to lure a club here," but there would be "many positives" to having a Jays farm team in Ottawa.

"Any time that a fanbase can follow young players through a system and ultimately to the team they support at the major-league level — those are all positives," he said.



► Blue Jays third baseman Brett Lawrie, right, pretends to interview catcher J.P. Arencibia at the Chateau Laurier in Ottawa on Monday.

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# Accused mom testifies at Shafia trial

► Tooba Yahya is facing trial in a case prosecutors allege was a so-called honour killing

A woman accused of killing her three daughters and her husband's other wife testified in her own defence Monday in Kingston, Ont.

Tooba Yahya, 42, is on trial for murder along with her husband, Mohammad Shafia, and their son. Collectively they are accused of killing their four female relatives over family honour, pushing them into a canal in a car and drowning them.

Shafia sisters, Zainab, 19, Sahar, 17, and Geeti, 13, along with Rona Amir Mo-

hammad, 52, Shafia's other wife in a polygamous marriage, were found in a car at the bottom of a canal in Kingston on June 30, 2009, when the Montreal family was heading home after a trip to Niagara Falls, Ont.

Yahya broke down in tears when describing how upset Mohammad was at not being able to conceive — the reason Shafia took a second wife — and how Yahya essentially gave Sahar to her to raise as her own daughter.

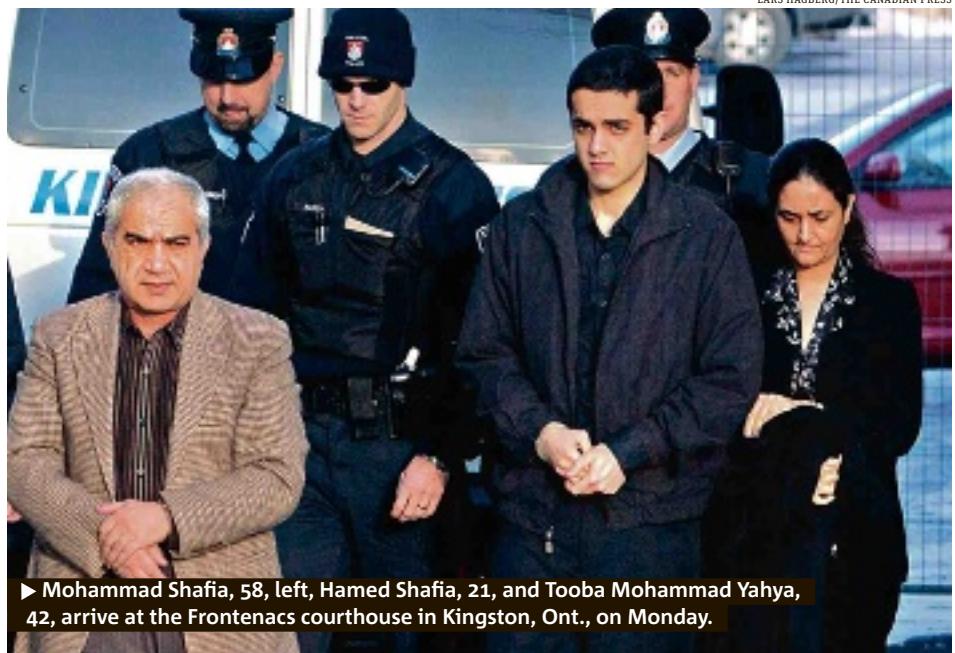
THE CANADIAN PRESS

## In court

► Pleading not guilty. Tooba Yahya, Mohammad Shafia, 58, and their eldest son, Hamed, 21, have each pleaded not guilty to four counts of first-degree murder.

► Curfew. Yahya said there were no rules in the household dictating what the girls should or shouldn't wear, and all the children were subject to the same curfew.

.....  
For more news visit  
[metroneWS.ca](http://metroneWS.ca)



LARS HAGBERG/THE CANADIAN PRESS

# Tourist lives to tell tale of bungee-jump mishap

An Australian tourist bungee jumping in Africa plunged 111 metres into a river when her cord snapped, but she managed to swim to safety with a broken collarbone and her legs tied together.

Erin Langworthy told Nine Network television news Sunday that she blacked out briefly when she hit the Zambezi River



► Erin Langworthy, 22, of Perth, Australia, bungee jumps over the Zambezi River on Dec. 31 in Victoria Falls, Zimbabwe.

on the border of Zambia and Zimbabwe on Dec. 31.

"I felt like I'd been slapped all over," the 22-year-old from Perth said.

Video taken of the jump shows the cord snapping and Langworthy smacking into the river before the current pulled her into rapids.

"You get sucked under and then you pop up, so



it's very disorienting — I didn't know which was

up or down," she said.

She said the trailing cord repeatedly snagged, so she "had to swim down and yank the bungee cord out of whatever it was caught on to make it to the surface."

Langworthy swam through the rapids to reach the Zimbabwe bank.

THE ASSOCIATED PRESS

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**News in brief****Bomb-plot suspect arrested**

**FLORIDA.** A 25-year-old man from the former Yugoslavia was charged with an alleged plot to attack crowded locations in the Tampa area, including nightclubs, with a car bomb, assault rifle and other explosives, federal authorities said Monday.

The U.S. Department of Justice announced the arrest of Sami Osmakac, whose first appearance in federal court was scheduled for Monday afternoon.

Authorities say Osmakac is a naturalized U.S. citizen who was born in the former Yugoslavia. He has been charged with one count of attempted use of a weapon of mass destruction. **THE ASSOCIATED PRESS**

**Threats left on dumped bodies**

**MEXICO.** Police in western Mexico have found 13 bodies at a gas station in the state of Michoacan. Michoacan is home base to The Knights Templar cartel, a pseudo-religious gang specializing in methamphetamine production, drug smuggling, extortion and other crimes.

**THE ASSOCIATED PRESS**

**Celeb chef too posh to pay?**

**BRITAIN.** A celebrity chef apologized on his website Monday after he was caught shoplifting from a supermarket.

Antony Worrall Thompson was arrested Friday after reportedly stealing cheese and wine from a Tesco store in the posh riverside town of Henley-on-Thames, west of London. **THE ASSOCIATED PRESS**

# 'Why, Oscar?' mom asks

► Hundreds of people attend funeral of Canadian who died in police custody while visiting Grenada ► Five officers charged with manslaughter

A Toronto man allegedly beaten to death by police in Grenada was remembered Monday as larger than life.

Grenada's prime minister was among the attendees at a funeral for Toronto resident Oscar Bartholomew.

The 39-year-old died in police custody after his arrest on Boxing Day.

The death of Bartholomew, who was visiting his homeland over Christmas, has evoked outrage and sympathy.

As a result, his funeral in the hamlet of Crochu has garnered widespread attention throughout the tiny country.

Dolette Cyr Bartholomew, his wife of 10 years, sat stoically in the church with her



► Oscar Bartholomew's mother Andrianne, 71, at her son's casket during his funeral Monday in Crochu, Grenada.

daughter Melanie, who brushed away tears during the service.

Father Anthony Marfo Dwomo spoke of forgiveness during his homily while others remembered Bartholomew as a man who was larger than life and loved his family.

Roslyn Charles, a friend from Toronto, recalled Bartholomew as "quiet" and hard-working.

"I've never seen this guy in any trouble," Charles said.

Earlier, Bartholomew's mother Andrianne had to be restrained by relatives

at his open casket as she wept, "Why, Oscar?"

Bartholomew's death has also highlighted claims from those who say Grenada suffers from a systemic problem with poorly trained and poorly disciplined police.

Monday, some relatives erupted in anger as uniformed police, outside to keep order during the funeral, went into the church. The officers were forced to leave.

**THE CANADIAN PRESS**

**"One hopes that, out of this, some light will be shed on the whole aspect of police brutality."**

**TREVOR BARTHOLOMEW,  
DECEASED'S COUSIN**

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# Rwandan seeks delay of expulsion from Canada

A Rwandan man who has fought for years to stay in Canada is making a last-ditch legal plea to stave off deportation.

Leon Mugesera's lawyer will be in Federal Court today seeking a judicial review and a delay of Thursday's scheduled expulsion.

The Quebec City man is accused of helping to incite Rwanda's massacres by de-

livering a 1992 speech that promoted the genocide of ethnic Tutsis.

Hutu-backed militias led the 100-day massacre of Tutsis and Hutu moderates in 1994, killing between 800,000 and one million Rwandans.

Mugesera has lived in Quebec since 1993 and says he fears for his life if he is returned to Rwanda.

**PAUL CHIASSON/THE CANADIAN PRESS**



► Leon Mugesera and his wife Jemma on Monday.

He is demanding that any allegations against him be heard in Canada.

**THE CANADIAN PRESS**

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# Business expectations hit low point: Survey

► For first time in almost 3 years, firms expect sales to slow over next year ► But plans to hire have increased

Canadian businesses are becoming more pessimistic about the economy and their future prospects for sales both at home and in foreign markets, the Bank of Canada said Monday.

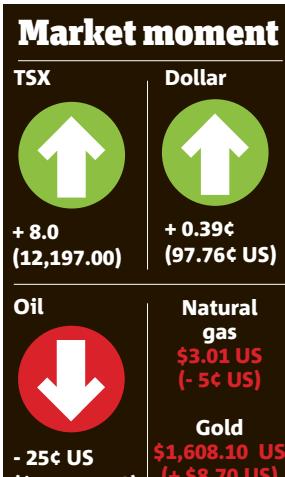
The central bank's survey of senior management at 100 representative firms shows confidence is well off post-recession highs across the broad spectrum of issues — from sales expectations to investment and hiring intentions, to their ability to pass through their costs to customers.

It is difficult to say whether business executives are the most pessimistic since the recession

because the question posed is relative to the past year, but the central bank notes the result suggests firms are more worried about selling their products into the softening demand globally and domestically.

In the survey, 41 per cent said they expected their sales pace to slow, as opposed to 37 per cent that expect an increase. The rest were neutral.

"Overall, the weak U.S. economic outlook, concerns about adverse effects from the situation in Europe and an expected slowing in household spending were among the factors dampening sales



prospects," the bank report states.

THE CANADIAN PRESS

## Intel seeks to help Hawking with speech

Intel Corp. is looking for ways to help famed British physicist Stephen Hawking reverse the slowing of his speech, says a senior executive. Hawking, 70, has Lou Gehrig's disease, a degenerative disorder that has left him almost completely paralyzed. THE ASSOCIATED PRESS

## Iberia pilots threaten to strike again

Spanish airline Iberia says it cancelled 109 flights on a third day of stoppages by pilots protesting the company's planned new budget carrier. Iberia said it rescheduled most flights. Pilots union SEPLA says it will strike again Wednesday. THE ASSOCIATED PRESS

## Automakers brace for stagnant sales

Canadian drivers will continue to be frugal leaving little room for car sales growth in 2012, the Canadian presidents of North America's largest automakers said Monday. Consumer confidence in the economy remains shaky. THE CANADIAN PRESS

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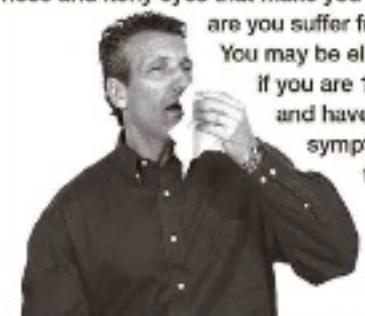
Kanata Allergy Services, in conjunction with Kingston General Hospital, is looking for people to participate in a study about an investigational drug for grass allergies.

If you sneeze from May to mid-July and have a runny nose and itchy eyes that make you miserable, chances are you suffer from grass allergies.

You may be eligible to participate if you are 18 to 65 years of age and have had grass allergy symptoms for at least two years.

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For more information, please call Jeanne at 613-599-5700 ext. 23 or email: kanataallergy@gmail.com



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# IN DEFENCE OF STAYING IN

## SHE SAYS ...

JESSICA NAPIER  
METRO



After weeks of office parties, festive get-togethers and family dinners, January provides a welcome relief from being overscheduled. With nothing to do and nowhere to go, a bare calendar feels like the ultimate luxury.

While the gloomy stretch between the holidays and spring is an ideal time to be anti-social (read: broke and lazy), there are still plenty of people who will try and coerce you out of your sweatpants and into a taxi headed for a night out on the town.

Sure, a cocktail can be nice, and every good Canadian girl knows how to navigate icy sidewalks and snow banks in her least sensible heels, but as the temperature dips, the idea of going to a club or a bar or anywhere that isn't

your own living room becomes less and less appealing.

**"I think, we should stop trying so hard to have fun and embrace these precious weeks of guilt-free hibernation while they last. I mean, do you really want to risk hypothermia just to spend another Saturday night covered in spilled drinks and other people's sweat, elbowing your way across a crowded dance floor and wondering, 'Am I having fun yet?'"**

This winter, I've decided that staying in is the new going out. Instead of whining about frostbitten exposed limbs and overpriced mixed drinks, can we all agree to just stay indoors for the next few months?

Now, before you dismiss me as a friendless shut-in, give the idea of becoming a winter hermit a chance. Think of all the money you'll save, the calories you won't consume, the clothes that will go un-ruined! A few months of self-imposed

house arrest will do wonders for your wallet, waistline and probably your mental health.

You'll host board-game nights, learn how to cook your own meals, sort out your underwear drawer, actually read all those books you so proudly display on your coffee table and go to bed at a reasonable hour. If you're lucky, you'll have a fireplace and all of these indoor activities will seem 1,000 times better because of it.

Ultimately, all any winter hermit really needs is a few bottles of red wine and a subscription to Netflix. Perhaps if you're feeling really ambitious, you'll invite some low-key companions over to share that aforementioned wine and discuss how you actually don't miss going places and doing things at all.

Read more of Jessica Napier's columns at [metronews.ca/shesays](http://metronews.ca/shesays)



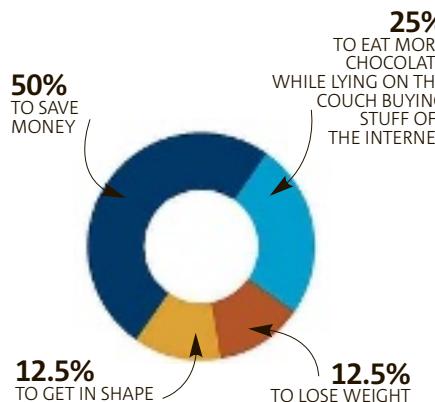
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Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

This year your new year's resolution is...



## Local tweets



- ▶ **@IMXproductions:** Putting some final touches on @ggourmet1 website.. This site is going to ROCK! #webdesign #Ottawa
- ▶ **@Ottawa\_food:** Want to make dinner plans, but not sure where in #Ottawa? Check out the variety of restaurants we list on our website: <http://t.co/uufmk4ks>
- ▶ **@Breasie:** RT @HotelIndigoOtt: Check out @HTLIndigoBistro for what's cooking daily and

ERV PETTY/ALASKA DIVISION OF HOMELAND SECURITY AND EMERGENCY MANAGEMENT/THE ASSOCIATED PRESS

## Daily Zoom



# Buried under a blanket of snow

## Alaska town calls state for help

A house is buried in snow in the fishing town of Cordova, Ala., in this Jan. 7 photo.

Residents have turned to the state to help them dig out of massive snow levels that have collapsed roofs, triggered avalanches and even covered doors, trapping some people in their homes. Cordova is used to snow, but not like this. **THE ASSOCIATED PRESS**

## Heavy, wet snow threatens homes

Officials said at least three buildings have collapsed or partially collapsed, and six homes are deemed severely stressed by heavy, wet snow.

The city has set up a shelter at a local recreation centre, but said people leaving homes in avalanche-risky areas have been staying with other residents.

**THE ASSOCIATED PRESS**

**"We had no alternative but to declare an emergency.... It became a life-safety issue."**

CORDOVA MAYOR JIM KALLANDER

## Quite a winter wonderland

The National Guard reported more than 5.5 metres of snow has fallen in the past weeks, although the National Weather Service did not immediately have a measurement.

"There's nowhere to go with the snow because it's piled up so high," said Wendy Rainney, who owns the Orca Adventure Lodge.

**THE ASSOCIATED PRESS**

# Writer captures Maggie's mettle

► Screenwriter Abi Morgan ruffles feathers for her portrayal of Margaret Thatcher in the Iron Lady ► Says the film is a study of power and loss



► Screenwriter Abi Morgan says that Meryl Streep as Margaret Thatcher is 'absolutely dream casting.'

**RICHARD CROUSE**  
SCENE@METRONEWS.CA

Margaret Thatcher, the longest reigning British Prime Minister of the 20th Century, remains a polarizing figure even though she hasn't held office since 1990.

She is now the subject of The Iron Lady — a nickname Thatcher picked up from Soviet newspaper Krasnaya Zvezda — a biography starring Meryl Streep, written by Shame playwright Abi Morgan.

The film has already ruffled the feathers of Thatcher-

er devotees. Tim Bell, a longtime associate of the former PM, called the movie a "non-event" and Tory loyalist Norman Tebbit commented that Thatcher was "never, in my experience, the half-hysterical, over-emotional, over-acting woman portrayed by Meryl Streep."

"It's not a documentary, it's not a social history, it's a drama," says Morgan on the controversy. "I think if you see yourself as an artist, part of being an artist is to comment on your times. I feel it is a comment but it is a creative comment."

"I hope it's a humane and dignified portrayal. I think anybody can see it's not an attempt to sabotage.

"I feel it is as much the study of power, the study of loss and the study of the isolation of office and [because] Margaret Thatcher is an icon, a recognizable public figure, she was a way to filter those very powerful themes."

As written, the character of Thatcher is complex. The film first shows her long after her glory days and works backwards through her career highlights.

Meryl Streep plays her in

various stages of her career.

"She is absolutely dream casting," says Morgan.

"There are, obviously, amazing British actors and one would have been lucky to work with any of them, but what was exciting to me about working with Meryl is that she's a complete shape shifter.

"I think she is an absolutely fascinating actress and I felt incredibly reassured when I learned Meryl was going to play the part because I knew she would imbue that character with such humanity and such complexity."

## How Phyllida Lloyd softened an Iron Lady

Considering the historical and controversial stature of Margaret Thatcher's 11-year run as the U.K.'s prime minister, it's surprising there hasn't been a major motion picture about her until now. But director Phyllida Lloyd is happy to get there first. Choosing to focus on the Thatcher of today, with her political career shown in flashback, Lloyd offers a softer, more sympathetic depiction of a woman still reviled by many.

**Why do you think there hasn't been a film exclusively about Thatcher until now?**

It is surprising. This movie's been a long time in development, and it began as a film about the Falklands War, and then [screenwriter] Abi [Morgan] came onboard and dropped this bombshell and said, "What about setting it in the present?"

**Was the focus on her as an older woman part of an attempt to make her more sympathetic?**

In England, she's still one of the most divisive characters, and the debate about her policies and her legacy is really being largely stuck.... We talked about it very much as a sort of King Lear for girls. It was a story of a mighty leader who was brought down partly by the enemy within and also by their own kind of hubris.

● NED EHRBAR



### Scene in brief



Elton John is writing his first book, a personal account of the AIDS crisis. The musician says Love is the Cure: Ending the Global AIDS Epidemic will include memories of friends who died of AIDS-related illnesses, including Queen frontman Freddie Mercury. The will be published in July. Proceeds will go to the Elton John's AIDS Foundation.

THE ASSOCIATED PRESS



Tom Hanks' futuristic web series Electric City to stream on Yahoo

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Saturday, January 21st, 2012

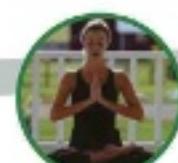
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# Cakes over cankles for Jillian Michaels

► Personal trainer leaves The Doctors over difference of opinions

## THE WORD

DOROTHY ROBINSON  
SCENE@METRONEWS.CA



Jillian Michaels, the trainer we would least like to cross paths with in a dark alley, made a splash when she joined the hit syndicated show *The Doctors* this year as a co-host.

But, last week, after only half the season, she left the show. The split, she told Metro, had to do with cankles.

"It was like the relationship that looks perfect on paper and when you got there it just was all wrong," she told us over the phone.

"They wanted me to do segments on cankles and I wanted to do segments on

food desserts. I wanted to do exposés on how prisoners have better food than our children at public schools. It wasn't anybody's fault, it really wasn't. There's no hard feelings."

Michaels said she called one of the producers she was close to in order to end things.

"I said, 'Listen, I know that this isn't working for you guys, because you know I'm not happy and I don't feel happy doing it, and my fans don't like me doing it and your fans don't like me doing what I wanna do, and you know let's just walk away amicably.'

Food desserts? Public school cafeteria exposés? What is she doing, trying to reposition herself as a new Lisa Ling — but with biceps?



► Jillian Michaels

## Katy Perry speaks for herself

When it comes to her separation from Russell Brand, Katy Perry doesn't want others speaking for her.

"Concerning the gossip, I want to be clear that no one speaks for me. Not a blog, magazine, 'close sources' or my family," she posted on Twitter. She also took the opportunity to thank her fans for supporting her, writing, "I am so grateful for all the love and support I've had from people around the world. You guys have made my heart happy again."

• METRO



► Katy Perry



## Depp headed for breakup?

It may be trouble in paradise for Johnny Depp, as the relationship between the Pirates of the Caribbean star and Vanessa Paradis is reportedly on the rocks, according to Radar Online.

"Johnny isn't handling

anything well right now," a source says.

"People around him are worried about how Johnny is doing because he and Vanessa seem so fractured right now. Their relationship is heading toward the end."

• METRO

## A limp can't hold Brad back

Brad Pitt will be walking with a cane for a while, thanks to a knee injury—but it didn't occur on the set of a stunt-heavy movie.

Instead, Pitt hurt himself parenting. "I was carrying my daughter (Vivienne) down the hill and I slipped," Pitt says, according to People magazine. "It was either her or me."

It's a good thing that Angelina Jolie is a fan of the new accessory: "I like the cane," she says, adding that the limp hasn't done much to slow Pitt down. "He's not that kind of guy. He does everything still."



► Brad Pitt

## Celebrity tweets



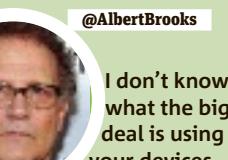
I'm kinda sick of 2012 already.  
@realjeffreyross



Possible ways to bring Palestinians & Jews together: 1) Ecstasy in the water 2) Alien attack  
@sarahksilverman



A first: someone came up to me and said: "I know you! You were that girl in Going For Broke with Delta Burke."  
@EllenPage



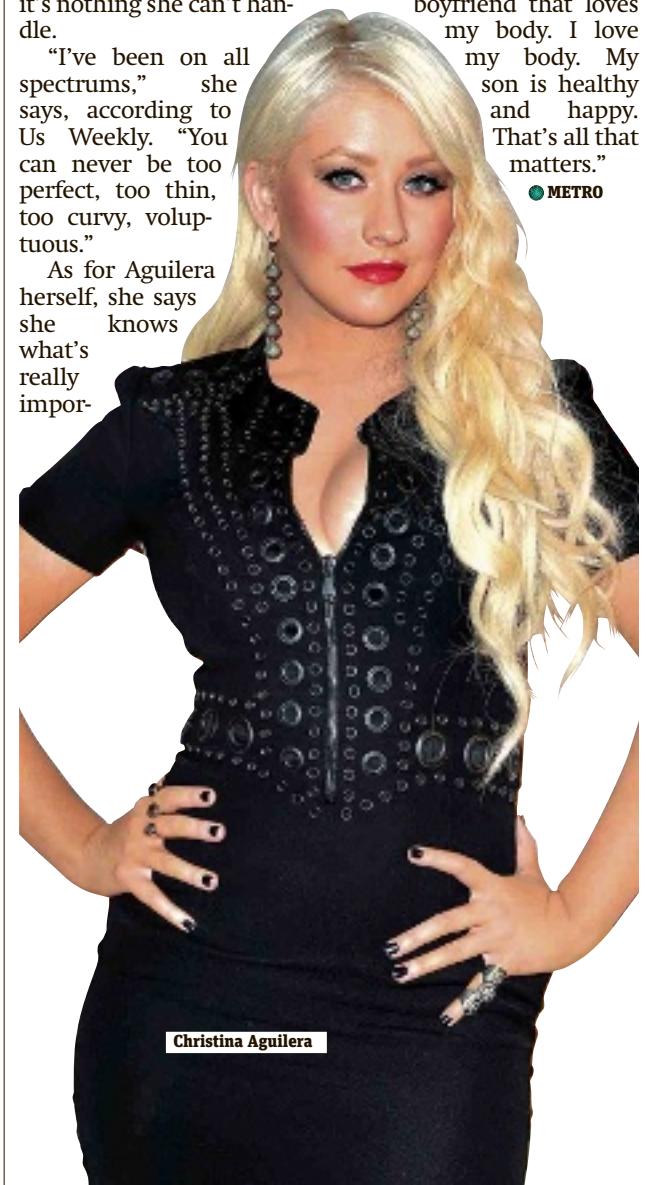
I don't know what the big deal is using your devices on the plane. Wait....IS THAT THE GROUND?  
@AlbertBrooks

## Xtina: Back off, haters!

Christina Aguilera has received a lot of criticism and scrutiny for her weight over the past year, but she insists it's nothing she can't handle.

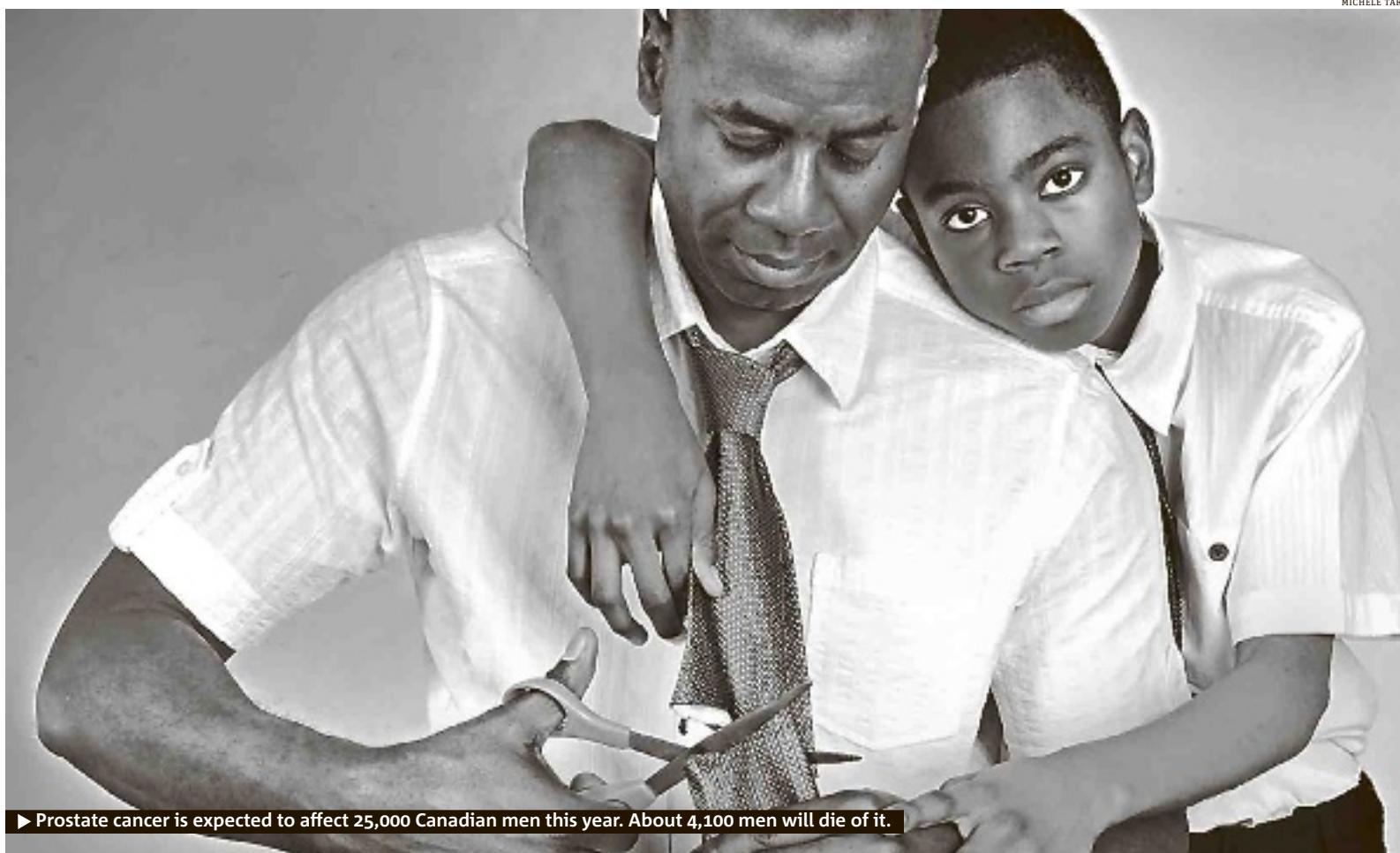
"I've been on all spectrums," she says, according to Us Weekly. "You can never be too perfect, too thin, too curvy, voluptuous."

As for Aguilera herself, she says she knows what's really impor-



Christina Aguilera

• METRO



# The faces of cancer

► Photo exhibit travelling across Canada to show exactly who prostate cancer has affected

 CELIA  
MILNE  
LIFE@METRONEWS.CA

Who gets prostate cancer? What do they look like? A new photo exhibit takes us into the inner world of this disease, showing us the fear, sadness, love, loss and hope that survivors and their families feel.

Prostate cancer got personal recently when

246,000 Canadians participated in Movember to raise money and awareness about the disease. Today, a photo exhibit called TIEd Together begins in Toronto before going across Canada.

"The images illustrate the faces of prostate cancer — men of all ages and races and their families. It communicates that

prostate cancer doesn't just affect the man, but the whole family," says Rebecca von Goetz, executive vice president of Prostate Cancer Canada (PCC) in Toronto.

The exhibit was created by PCC in partnership with PhotoSensitive, an organization that calls attention — through black-and-white photogra-

phy — to social issues such as AIDS, First Nations literacy and natural disasters.

TIEd Together includes more than 100 images and 10 video interviews with cancer survivors and their loved ones.

Included in the exhibit are pictures of Jack Layton, Pierre Trudeau and Alex Baumann.

The exhibit will show at

Brookfield Place in Toronto from Jan. 10 to 21. PCC is looking at future showings in Vancouver, Calgary, Edmonton, Winnipeg and Ottawa.

"As devastating a disease as it is, the images show hope and the strength that these survivors have to continue to enjoy life, despite its challenges," says von Goetz.

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THIS WEEK: Controlling the Urge to Snack Can Be Good For Your Teeth!



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Lower cutoff for lead poisoning raises awareness of how to protect kids

# Discover eats flavoured with Afghan tradition at Salang

► From beef and lamb kabobs to chicken tandoori, this eatery has it all

## LUNCH RUSH

SHARI GOODMAN  
FOOD@METRONEWS.CA



You can find the culinary traditions of Afghanistan at Salang Kabob House. This order-and-pay-at-the-counter eatery provides huge portions. No one will go away hungry, and you will have a place to sit!

The menu lists several kabobs in beef, lamb and chicken varieties along with non-kabob alternatives such as lamb shank, chicken tandoori and



► Tikka Kabob Platter (\$11.99)

### ► Salang Kabob House

2934 Carling Ave.  
613-820-0007  
Hours: Mon - Sun (11:30 a.m. - 10 p.m.)  
Reservations: No  
Quick solo lunch: Yes  
Social lunch: Yes  
Client negotiations: Yes  
Co-worker lunch: Yes  
Price range: \$\$  
Rating: 3.5 out of 5

chicken drum sticks.

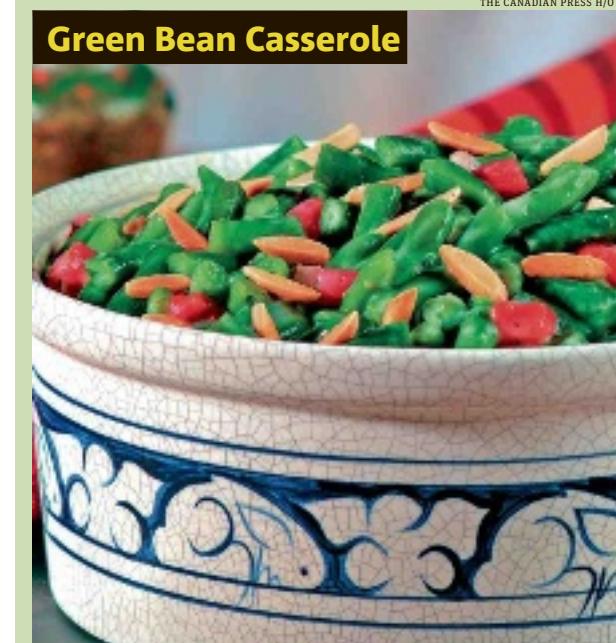
I ordered the Tikka Kabob. The beef was tasty and moist with a nice balance of seasoning. The chunks of beef were sitting on a generous mound of scented basmati rice. On the side, the naan bread

was pleasantly crispy and served warm. Fresh lettuce, cucumber and chunks of tomato drizzled with a creamy dressing framed the plate.

For dessert, I tasted firnee, which is a soothing dessert custard. Topped

with ground pistachios and grated cardamom, it was delicate but could have been improved with a dash of vanilla.

For a taste of Afghanistan on a lunch break, this place is worth checking out.



Green Bean Casserole

THE CANADIAN PRESS H/O

A slow cooker is a wonder gadget to have during the winter season.

Here it is used to cook a green bean casserole.

Just combine the ingredients in the cooker and it's ready in three to four hours.

### Preparation:

**1** Combine all ingredients except almonds in a 2.5-l slow cooker. Cover and cook on low for 3 to 4 hours. Sprinkle with almonds.

THE CANADIAN PRESS/  
CROCK-POT

- 15 ml (1 tbsp) chopped roasted red peppers
- 5 ml (1 tsp) dried sage
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) black pepper
- 1 ml (1/4 tsp) ground nutmeg
- 125 ml (1/2 cup) toasted slivered almonds

# Macaroni and cheese takes a trip to Italy

Inspired by the Italian sub popular in the Northeast, this pasta sautées salami, garlic peppers, sun-dried tomatoes and onion. The cheese sauce is creamy and sharp with a mixture of fontina and picante provolone. If you can't find picante provolone, just use the sharpest provolone you can find.

### Preparation:

- 1** Bring a saucepan of salted water to a boil. Add pasta and cook according to package directions. Drain and set aside.
- 2** Meanwhile, in a large saucepan over medium-high, sauté salami until crisped and browned, about 5 minutes. Add
- 3** While stirring continuously, pour in milk. Bring mixture to a

sun-dried tomatoes, garlic peppers and onion. Continue to cook until onion is very tender, 5 to 6 minutes. Add butter and stir until melted. Add flour and stir to coat well.

While stirring continuously, pour in milk. Bring mixture to a

### Ingredients:

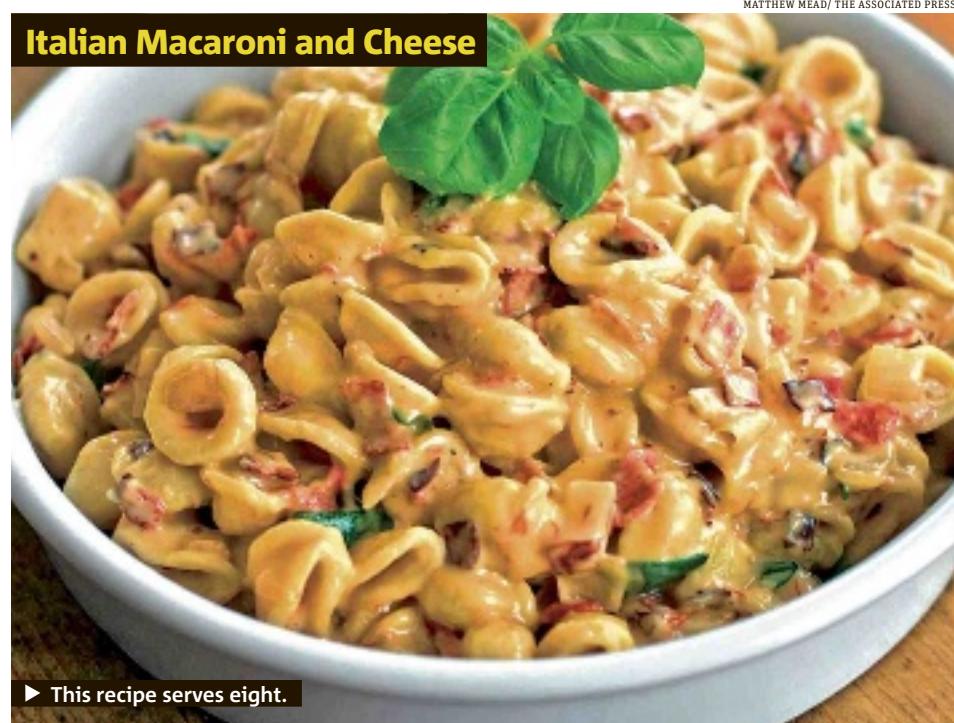
- 500 g (1 lb) orecchiette pasta
- 140 g (5 oz) dry salami, diced (about 250 ml/1 cup)
- 125 ml (1/2 cup) chopped oil packed sun-dried toma-

toes

- 125 ml (1/2 cup) garlic peppers, diced
- 1 medium onion, diced
- 30 ml (2 tbsp) butter
- 45 ml (3 tbsp) all-purpose flour
- 625 ml (2 1/2 cups) milk

• 250 ml (1 cup) shredded fontina cheese and picante

- provolone cheese
- 125 ml (1/2 cup) shredded fresh basil
- Salt and black pepper, to taste



► This recipe serves eight.

boil, continuing to stir. Cook for 5 minutes. Turn off heat and stir in fonti-

na and provolone, one at a time, to ensure even melting. Stir in basil and

cooked pasta. Season with salt and black pepper. THE ASSOCIATED PRESS

## AN EPIC \$10K FALL

## FUN AND FRUGAL

LESLEY SCORGIE  
MONEY@METRONEWS.CA

Last September I was hiking in St. John's, NL. While gawking at the ocean, I neglected to watch where my feet were headed and fell flat on my face. My fall resulted in whiplash, a concussion, a displaced jaw, scrapes and bruises. Since then, I've been seeking treatment from a slew of doctors, dentists, physiotherapists, chiropractors and massage therapists.

My road to recovery will take around one year and cost \$10,000. Unfortunately, like many Canadians, my medical insurance is limited and unlikely to cover even 25 per cent of my expenses. So, I'm now on the hook for a series of bills I

wasn't expecting. My injury is a classic example of why it is important to have emergency funds.

Experts recommend that every household has three months of salary tucked away in case of an emergency. This is a lot of money! To make saving less painful, build this fund over time through automatic contributions to a savings plan that earns interest.

Start by setting aside three to five per cent of your income; then increase it to six or seven per cent when you're ready. Once you reach your savings goal, you can stop contributing.

Reduce the temptation to spend this cash by keeping the money somewhat accessible, but removed from your day-to-day spending. Consider putting it in a low-risk money market mutual fund, a GIC, or a high-interest savings account. Hopefully you'll never experience an emergency. But, if you do, you'll be prepared.

## Rethink those RRSPs

ISTOCK

## ON MONEY

ALISON GRIFFITHS  
MONEY@METRONEWS.CA

This is the time of year when you tell yourself to save more and contribute more to your RRSP. Yes to the first one but the second, perhaps not.

Certainly Canadians need to save more than the current rate of four per cent of income. However, the default destination for those savings, an RRSP, isn't necessarily the right one.

Anyone who is likely to qualify for the Guaranteed Income Supplement (GIS) after age 65 is better off with a non-registered investment account or a Tax Free Savings Account (TFSA). Mandatory RRIF withdrawals could result in a reduced or eliminated GIS.

## Retirement ready?

- 96% of tax filers were eligible to contribute to RRSPs in 2010.
- 26% of tax filers contributed to RRSPs in 2010.

GIS eligibility is reduced as net income rises and disappears entirely at about \$16,000 for singles and \$21,500 for couples (Old Age Security does not count as income).

At the other end of the scale, those likely to have significant incomes after retirement from a combination of pensions, non-registered investments and other income could face not only a high post-retirement tax rate, but claw back of OAS and a reduction in their personal exemption.

The latter is not well known and can be a considerable shock. Though OAS



► Alison's money rule: Sometimes there are better ways to save for retirement than through RRSPs.

claw back doesn't kick in until a net income of around \$68,000, the age amount tax credit for those 65 and over will be reduced once net income reaches roughly \$33,000.

TFSAs are great alternatives for those wanting to save outside an RRSP. However, you can only deposit \$5,000 annually. Another alternative are non-registered investment accounts, though you will pay tax on income or capital gains.

A final "savings" alterna-

tive is to pay down debt.

Even though your interest costs may be low, every dollar you put on debt is a form of savings.

And last week I included details of a contest to win a one-on-one consultation with me. Unfortunately the link was not live. But it is now at my website, alisongriffiths.ca.

**ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.**

## Debt control: How low can you go?

The first step to lowering your debt is admitting you have a problem. If you answer yes to any of these five questions, managing debt may be an issue in your life:

- Do you frequently pay your bills after their due date?
- Do you advance money from one credit card to pay off another one?
- Do you ask to borrow money from friends or family to pay your bills?

- Have you had your utilities cut off?
- Have you thought about getting a second job just to pay the bills?

Start the new year off on fresh footing and vow to get out of debt. Consider these four tips from Industry Canada:

- Set a limit for your spending and stick with it. This is easier said than done, however. Industry Canada has links to some great online



budgeting tools such as Take Charge of Your Debts

at ic.gc.ca/debt.

- Get credit counselling. A budget advisor or credit counsellor will help you establish a realistic plan for managing your money. Many community and consumer organizations offer these services for free or for a small fee.
- Consider consolidating your debts. Contact your creditors or financial institution about pooling your debts to lower your interest rate. Then you'll have one payment at the same interest rate versus many at varying rates. **NEWS CANADA**

year? Are there small but regular expenses you could cut that could make a big difference over time, such as packing a sandwich rather than buying a lunch?

- Think outside the box. Examine your expenses — both big and small. Can you skip the expensive foreign vacation you take every

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► The next time someone opens the door for you, please say thank you.

## THE WORLD CAN BE A RUDE PLACE

**CHARLES THE BUTLER**



ASKCHARLES  
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FOR MORE, VISIT  
CHARLES  
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**Good day. I had to write in about adult manners. While my husband was parking our car over by Tags MicMac Mall, myself and youngest grandchild was waiting for him by the entrance of Winners. My grandchild held the door open for about 100 adults and maybe five said thank you. The rest walked by and didn't even look at her. How do I explain this to my grandchild?**

I love your email, thank you!

I'm certainly not trying to make excuses for those people who did not say thank you, but it was five days before Christmas and I'm sure those shoppers were preoccupied with their Christmas shopping in a busy mall.

Some people say that when someone doesn't say thank you, you should say I'm listening.

So what to tell your granddaughter? Well, the truth is first teaching her to always be polite and say thank you herself (I'm sure you have already done that).

Second, tell her the truth that some people in this world are rude and don't say thank you. This is going to happen to her in life and she has two choices: stop being polite all together or just let it go. Finally, know that, generally, when people are rude such as in these circumstances, they are not trying to purposely hurt her feelings, they just don't know any better.

Ultimately, I believe teaching her to be the example is the right thing to do.

**HAVE A QUESTION? EMAIL CHARLES AT  
ASKCHARLESTHEBUTLER@  
METRONEWS.CA.**

back in a loud stern voice 'you're welcome!' to make them aware of their mistake.

I understand why people want to do that, however I do not advise this because pointing out people's social mistakes publicly is not polite nor the gracious thing to do on your part — two wrongs don't make a right. But I do hear your frustration loud and clear. I promise I'm listening.

Ultimately, I believe teaching her to be the example is the right thing to do.

**HAVE A QUESTION? EMAIL CHARLES AT  
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## BETTER TO DEAL WITH THINGS NOW, BEFORE THE RING

**I spent the holidays with my boyfriend's family for the first time and the truth is that I absolutely hated them. But whenever I brought up the issues about them up to my boyfriend, he defended them (obviously), and now I'm starting to see that he shares some of their less-flattering traits. I'm not sure if I want to stick this out. Am I being unfair? Turned Off**

**Claire:** Dear Turned Off,

Our mother once cut down a bus stop with an axe, how's that for strange? Did his dad smoke crack at the dinner table or his sister show up in a bedazzled thong?

All families are strange, and that's entirely normal. Did you hate these people because they were different from you, or because their values are intolerable to you?

The former means you need to chill out, the latter

**TWO SISTERS**



**ANDREA & CLAIRE**  
RELATIONSHIPS@METRONEWS.CA

means you need to end things.

# A 'front row seat' to history

► Ex-coach of Tiger Woods writes about their time together

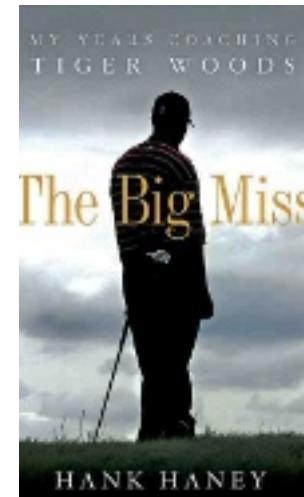
Hank Haney has written a book about the six years he spent as Tiger Woods' swing coach, a volatile time in which Woods went from winning nearly half of his tournaments to a scandal that derailed his pursuit of golf history.

"I get asked all the time about Tiger, what it was like to work with him," Haney said in a telephone interview. "I felt like I had a front row seat to golf history. It just kind of chronicles a little bit of what I went through, what I dealt with, how I coached and the observations I made."

Haney began working with Woods at the Bay Hill Invitational in 2004. They parted ways a month after the 2010 Masters, where Woods made his return to golf after being exposed for multiple extramarital affairs that shattered his image and led to divorce.

Most of the people involved with Woods have signed a nondisclosure agreement. Haney said he signed no such thing — "I didn't even have a contract," he said — although he said the book was not intended to "take jabs at anyone."

Mark Steinberg, Woods' agent at Excel Sports Management, said he was aware of the book *The Big*



Miss but that Woods had not seen any excerpts and would have no comment.

Haney was asked whether he thought Woods will like it.

"If he reads it, I don't think it will be a book that bothers him. It's hard to say," Haney said.

"Anybody who reads it will think it's interesting, very fair and honest, and that's what I wanted to do. I was on that job for six years. There were 110 days a year I was with him. I stayed at his house for close to 30 days a year. You make a lot of observations."

The book will be released by Crown Archetype, part of the Crown Publishing Group at Random House, Inc. It is

### Scandal

► As for the serial adultery, Haney said he didn't know about it and doesn't delve into that chapter of Woods' life in the book, except for his return from the scandal after going nearly five months without competition.

► "It's something you can't NOT talk about," Haney said. "My last tournament was the Masters, and that was his first tournament back from the scandal. I didn't know anything about the girls. That's not something I could specifically comment on. Everything I comment on is what I observed and the facts I knew. I didn't know anything about that."

scheduled to be published March 27 — one week before the Masters — and issued simultaneously in print and digital formats in the United States and Canada.

Haney wrote the book with Jaime Diaz of Golf Digest, whose coverage dates to when Woods was a teenager and Diaz played golf with Woods and his father. Diaz also spoke at the memorial service for Earl Woods.

**THE ASSOCIATED PRESS**

that you see that side now and either reconcile or leave, than get into a real mess when there's a ring on your finger.

It doesn't really matter how close he is to his family, or how often you'd see them. This experience has allowed you to get to know your boyfriend a lot better.

The holidays have obviously raised some flags. The question now is: how important are these negative characteristics to you,

compared to the ones that make you happy?

Be careful not to fall into the typical feminine trap of trying to change him. That's not fair to him. You can make an informed decision on what you want, and how flexible you are, which is completely fair.

**TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.**

## ISEEE TRAINS STUDENTS TO INTEGRATE AND APPLY DISCIPLINES

When he heard how a new policy in California might adversely impact Alberta's oilsands, Nic Choquette-Levy became keenly interested in energy.

Levy, after completing an undergraduate degree in biomedical engineering and international relations, had taken an internship at the Canadian consulate in San Francisco.

There, he learned that California's new low-carbon fuel standard — aimed at reducing emissions that contribute to climate change — might also penalize future imports of carbon-intensive oil produced from the oilsands.

"I decided I wanted to do an interdisciplinary program that let me explore policy but also gave me some of the technical background," Levy says.

Levy became one of the first students in the interdisciplinary Energy and Environmental Systems graduate specialization, offered by the Institute for Sustainable Energy, Environment and Economy (ISEEE) at the University of Calgary.

"Finding solutions to real-world energy and environment problems requires a dynamic, interdisciplinary



Nic Choquette-Levy

ISEEE PHOTO

approach to research and learning," says David Layzell, ISEEE's executive director.

ISEEE's graduate program teaches students educated in one discipline, such as engineering or science, to integrate and apply the knowledge from many disciplines, "including those in the applied, natural and social sciences," Layzell says.

Students, working closely with ISEEE faculty and fellows, are trained to assess energy-environment issues

from technical, economic and policy perspectives.

Graduates of ISEEE's three-year-old program are now working at the U.S. National Renewable Energy Laboratory in Colorado, the Catalonia Institute for Energy Research in Spain, and Carbon Engineering, a Calgary company. Others are doing post-doctoral work at Harvard University, University of Texas at Austin, and the University of Calgary.

Levy graduated in November 2011 with an MSc in chemical engineering

with the Energy and Environmental Systems specialization. His thesis, which integrated life cycle assessment with cost-benefit analysis, explored ways to reduce greenhouse gas emissions in oilsands operations.

ISEEE's graduate program "trains you to become an effective decision maker," Levy says. "You are part of a unique community of faculty and students from a diverse set of disciplines and life experiences — all of which enriches your learning."

[www.iseee.ca](http://www.iseee.ca)



### Be part of the solution to real-world energy and environment problems.

Finding solutions to real-world energy and environment problems requires a dynamic, interdisciplinary approach to research and learning. If you aspire to work across and between disciplines, ISEEE's Energy and Environmental Systems graduate specialization will train you to become a decision maker in assessing energy systems and developing effective solutions for a sustainable energy future.

[www.iseee.ca/for-students/](http://www.iseee.ca/for-students/)



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AND ECONOMY**

# PUT YOUR PAWS ON CAREERBEAR

## NEW WEBSITE AIMS TO SOLVE PROBLEM SURROUNDING FINDING DREAM CAREER

CareerBear.com, a new website, is the first in Canada to help people learn more about their dream careers and take steps to become what they want to be.

Many of us like to daydream — usually while at our current job — about other careers. Maybe you have thought about becoming a chef (you have always loved whipping up tasty improvisations for dinner), or a plumber (after

realizing how much it cost to fix that leak) or a pilot (because pilots are cool).

Many of these careers and others are often shrouded in mystery. For example, most people don't know how much a flight attendant makes, or what kind of training is required to become a paralegal. And even if you search around online, it's unclear from most websites how to take it to the next step if you

want to pursue that career.

CareerBear.com aims to solve this problem. First, you select a career — any of those mentioned above, plus more in the fields of skilled trades, IT, creative arts, business, etc. Then the site provides you not just with quick facts and articles about how to make your move, but also suggests programs and schools in your area.

For example, let's say you wanted to learn more about becoming a pharmacy assistant. The site's "quick facts" tell you that employment prospects are good (there are lots of open positions, plus aging demographics are expected to fuel demand for health services) and articles let you know more about the job and some required skills you may not have guessed (for example, pharmacy assistants apparently need "good manual dexterity").

In addition, CareerBear.com automatically detects your location and suggests relevant training opportunities closest to your city.

If you have ever thought about changing careers or want to learn more about a different path, the site is definitely worth checking out.



## MANY CHOICES

CareerBear.com features more than 40 different careers, sorted either by name or by industry.

The site lists programs closest to major cities Vancouver, Edmonton, Calgary, Winnipeg, London, Toronto, Ottawa, Montreal and Halifax.

The site is totally free to use, supported by advertising.

The screenshot shows the homepage of CareerBear.com. At the top, there is a logo for 'Career Bear' with a small bear icon. Below the logo is a main heading 'Do your resolutions include finding a new career?' with a sub-image of a bear in a suit. Two large buttons are visible: 'What do you want to be?' and 'Explore what you want to be and how to get there.' Below these buttons is a section titled 'Industry Listing' with a dropdown menu set to 'Industry'. Underneath are lists for Business, Communications, Creative Arts, and Technology. On the right side, there is a thumbnail for a 'Editor' job listing with a photo of two people at a desk.

# Do your resolutions include finding a new career?

## Explore what you want to be and how to get there.

Visit  
**CareerBear.com**  
to learn more



## Spiralling Blue Jackets fire coach

The last-place Columbus Blue Jackets are turning to a new coach in an effort to salvage something from a disastrous season.

Scott Arniel was fired following a 7-4 loss to Anaheim on Sunday night. Assistant Todd Richards takes over until the end of the season, when a full search will be conducted.

The Blue Jackets are 20 points out of playoff position with half a season to play.

"It's gone off the rails since then," Howson said Monday.

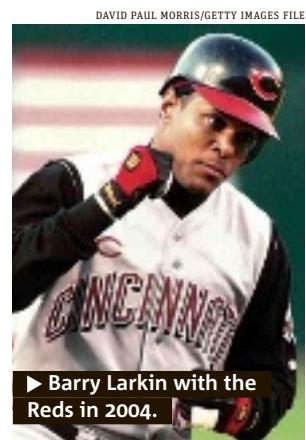
Once the GM made the decision to fire his coach, he flew to California on Saturday to deliver the news in person. Howson, who is undeniably on the hot seat himself, sought approval from his bosses to make the move and received it.

This was supposed to be a season of hope and change for the Blue Jackets. Centre Jeff Carter was acquired in a trade from Philadelphia and defenceman James Wisniewski inked a \$33-million US, six-year contract.

But Wisniewski was suspended eight games stemming from an ugly pre-season hit and Carter fractured his right foot in October as Columbus stumbled out of the gate. The season was essentially lost by the time the team hit the 15-game mark at 2-12-1. **THE CANADIAN PRESS**

**"He did everything he could. ... It just didn't work for him with this group."**

COLUMBUS GM SCOTT HOWSON ON FIRING COACH SCOTT ARNIEL



► Barry Larkin with the Reds in 2004.



► Canadiens forward David Desharnais shoots on Blues goalie Jaroslav Halak in St. Louis's 4-1 win late last season.

Halak returns to face his old team in Montreal on Tuesday night.

# Halak returns to his former habitat

► Canadiens' 2010 playoff hero returns to Bell Centre for first time with Blues ► 'I would look like an idiot not to put him in,' says St. Louis coach

You can still find people in Montreal wearing T-shirts with Halak written on a stop sign that were the hottest item in town when the Canadiens went on a playoff roll two seasons ago.

Some think the Canadiens made their worst move ever when they dealt Jaroslav Halak to the St. Louis Blues just weeks after the playoffs to give the goaltending job to talented but then-underperforming prospect Carey Price.

That debate will be re-ignited on Tuesday night when the two goalies go head-to-head as the Blues

make their first visit in two seasons to the Bell Centre.

"I was hoping to get a game here and it's great that the coach (Ken Hitchcock) thought about me," Halak said Monday. "He's giving me the start and hopefully I can do my best and get a point or two."

"It's great I still have fans here. I appreciate it."

Brian Elliott was coming off a shutout in the Blues' win over Colorado Saturday. But Hitchcock didn't hesitate to announce Halak as his starter in Montreal.

Halak was king in Montreal in the spring of 2010.

He was spectacular as

**"I felt I learned a lot of lessons during that time."**

CAREY PRICE ON PLAYING BACK UP BEHIND JAROSLAV HALAK DURING MONTREAL'S 2010 PLAYOFF RUN

Montreal came back from a 3-1 deficit in the opening round to oust first-place Washington.

Then they knocked off the favoured Pittsburgh Penguins to reach the conference final for the first time since their last Stanley Cup triumph in 1993, only to fall to the Philadelphia Flyers.

When the playoffs end-

ed, Canadiens management was stuck between two talented young goalies.

They chose Price, and wasted no time sending Halak to St. Louis for prospects Lars Eller and Ian Schultz, causing an outcry heading into the 2010-11 season.

They were humbling times for Price and he was a fitter, better goaltender the next season as the starter.

"Being able to watch for a while and seeing what I needed to do to be successful at that time really helped," said Price. "Being able to sit on the bench and watch probably benefited me." **THE CANADIAN PRESS**

**4**  
**sports**

### Senators preview

Ottawa at Pittsburgh  
7 p.m.  
TV: SNET



The Senators (22-15-6) travel to Pittsburgh (21-15-4), where the Penguins hope to halt a four-game losing streak. The last time Pittsburgh won was on Dec. 27. While Sidney Crosby (concussion-like symptoms) remains out indefinitely, Jordan Staal (knee) was injured on Friday and James Neal (broken foot) was hurt on Saturday. Both are expected to be out for weeks. Evgeni Malkin scored his first goal in six games on Saturday in a 3-1 loss to New Jersey.

**THE CANADIAN PRESS**

# Hall of Fame nod makes sense to Larkin

Barry Larkin has been elected to baseball's Hall of Fame.

The former Cincinnati Reds shortstop received 495 votes (86 per cent) in balloting announced Monday by the Baseball Writers' Association of America, well above the necessary 75 per cent. Larkin was on the ballot for the third time after

**30 In 1996, Barry Larkin became the first shortstop to have 30 homers and 30 steals in a season.**

falling 75 votes short last year.

He will be inducted July 22 in Cooperstown along with the late Ron Santo, elected last month by the Veterans Committee.

"It's just amazing," Larkin said in an interview on MLB Network. "Last year I just started to smell it a little bit."

"The first year I didn't even think it was fathomable, to be quite honest."

Jack Morris was next with 382 votes (67 per cent), missing by 48 votes on his 13th try but up

sharply from 54 per cent last year. The former Toronto Blue Jays pitcher has two chances left on the BBWAA ballot.

Playing from 1986 to '04, Larkin hit .295 with 198 home runs, 960 RBIs, 2,340 hits and 379 stolen bases. He won the 1995 NL MVP award, three Gold Gloves and the 1990 World Series. **THE ASSOCIATED PRESS**



Scan code for more sports.

## NATIONAL HOCKEY LEAGUE

## EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	39	26	9	1	3	116	82	56	12-3-0	14-6-1	9-1-0	W4
d-Boston	38	26	11	0	1	141	73	53	14-7-0	12-4-0	8-2-0	L1
d-Florida	41	20	13	4	4	107	115	48	10-4-1	10-9-3	4-4-2	L2
Philadelphia	40	24	12	2	2	137	121	52	10-6-1	14-6-1	4-5-0	L1
Ottawa	43	22	15	4	2	135	143	50	14-8-0	8-7-4	7-2-0	W1
New Jersey	41	23	16	1	1	114	117	48	11-7-0	12-9-1	6-3-1	W2
Toronto	41	21	15	3	2	133	131	47	11-5-2	10-10-1	5-3-2	W3
Pittsburgh	40	21	15	2	2	123	106	46	11-7-2	10-8-0	4-6-0	L4
Winnipeg	41	20	16	3	2	109	119	45	14-6-0	6-10-3	6-3-0	W1
Washington	39	21	16	0	2	116	115	44	14-5-0	7-11-0	6-3-0	L1
Buffalo	41	18	18	3	2	107	121	41	10-9-3	8-9-0	2-6-1	L2
Montreal	41	16	18	2	5	109	114	39	7-7-2	9-11-0	3-7-0	W2
Tampa Bay	40	17	20	1	2	109	136	37	11-5-0	6-15-2	4-5-1	L3
Carolina	43	14	22	4	3	112	146	35	10-10-0	4-12-4	4-4-1	L1
NY Islanders	39	14	19	4	2	91	125	34	8-9-3	6-10-1	5-5-0	L2

## WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	42	26	13	0	3	138	102	55	12-5-0	2	14-6-1	7-2-0
d-Detroit	41	26	14	1	0	134	94	53	15-2-1	0	11-12-0	7-3-0
d-San Jose	38	23	11	3	1	112	89	50	14-7-2	0	9-4-1	8-1-0
St. Louis	41	24	12	0	5	107	89	53	17-3-2	0	7-9-0	6-3-0
Chicago	42	24	13	2	3	134	123	53	14-5-1	3	8-8-1	4-5-1
Nashville	41	22	15	3	1	111	114	48	12-7-2	1	10-8-1	6-4-0
Minnesota	42	21	15	2	4	96	101	48	11-6-1	2	10-9-1	1-7-0
Dallas	40	23	16	0	1	112	114	47	13-7-0	1	10-9-0	5-5-0
Los Angeles	42	20	15	3	4	88	93	47	12-10-0	2	8-5-3	6-1-2
Colorado	43	23	19	1	0	114	120	47	13-10-0	0	8-9-1	8-2-0
Phoenix	42	20	17	3	2	108	109	45	8-8-2	1	12-9-1	4-4-2
Calgary	43	19	19	3	2	103	124	43	11-5-1	1	8-14-2	5-4-1
Edmonton	41	16	22	0	3	111	119	35	10-6-0	2	6-16-0	2-8-0
Anaheim	40	12	22	2	4	99	133	30	9-12-1	4	3-10-4	3-6-1
Columbus	41	11	25	1	4	99	137	27	6-11-1	2	5-14-0	2-7-0

d — division leaders ranked 1-2 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

## Last night's results

Vancouver at Florida  
Washington at Los Angeles

## Sunday's results

Ottawa at Philadelphia 4  
Anaheim 7 Columbus 4  
Detroit 3 Chicago 2 (OT)

## Tonight's games

All Times Eastern  
Winnipeg at Boston, 7 p.m.  
Buffalo at Toronto, 7 p.m.  
Detroit at N.Y. Islanders, 7 p.m.  
Phoenix at N.Y. Rangers, 7 p.m.

## SUNDAY

## SENATORS 6, FLYERS 4

## First Period

1. Ottawa, Alfredsson 14 (Turris, Cowen) 0:55  
2. Philadelphia, Meszaros 6 (Talbot) 2:32  
3. Ottawa, Neil 6 (Foligno, Karlsson) 8:28  
4. Philadelphia, Bourdon 2, 15:32  
5. Philadelphia, Couturier 6 (Read) 16:00  
Penalties — Rinaldo Pha, Konopka Ott (fighting) 0:16, Carkner Ott (interference) 16:23.

## Second Period

6. Philadelphia, Read 13 (van Riemsdyk, Carle) 14:08 (pp)  
Penalties — Lilia Pha (slashing) 7:16, Carkner Ott (elbowing) 11:14, Condra Ott (tripping) 13:00.

## Third Period

7. Ottawa, Greening 9 (Spezza, Michalek) 3:11  
8. Ottawa, Karlsson 6, 6:19  
9. Ottawa, Kuba 4 (Condra, Alfredsson) 18:49  
10. Ottawa, Foligno 12 (Neil) 19:15  
Penalty — Lilia Pha (holding) 15:06.

## Shots

Philadelphia 16 10 11 37  
Ottawa 14 9 15 38

Goal — Philadelphia: Bryzgalov (L, 16-9-3); Ottawa: Anderson (W, 20-12-4).

Power plays (goals-chances) — Philadelphia: 1-3; Ottawa: 0-2.

Referees — Mike Leggo, Brad Watson. Linesmen — Mark Shewchuk, Mark Wheeler.

Attendance — 20,281 (19,153).

## WINGS 3, BLACKHAWKS 2 (OT)

## First Period

1. Chicago, Bolland 9 (Hossa, Liddy) 3:35 (pp)  
2. Chicago, Sharp 20 (Frolik, Hossa) 4:19  
3. Detroit, V.Filppula 14 (Zetterberg, Hudler) 13:29 (pp)

Penalties — Ericsson Det (slashing) 2:41, Brunette Chi (roughing) 11:26, Seabrook Chi (slashing) 13:16.

## Second Period

No Scoring.  
Penalties — Detroit bench (too many men; served by Bertuzzi) 6:36, Kronwall Det (interference) 11:57.

## Third Period

4. Detroit, Cleary 10 (Zetterberg, V.Filppula) 15:15  
Missed penalty shot — Hayes Chi, 7:53.

Penalty — Cleary Det (holding) 0:48.

Overtime

5. Detroit, Datsyuk 13 (Ericsson, Franzen) 3:08

Penalty — Franzen Det (roughing) 3:08.

Shots

Detroit 9 6 9 3-27

Chicago 9 11 9 2-31

Goal — Detroit: Conklin (W, 2-4-0); Chicago: Crawford (L, 15-10-3). Power plays (goals-chances) — Detroit: 1-2; Chicago: 1-5.

Referees — Mike Hasenfratz, Kevin Pollock. Linesmen — Thor Nelson, Mike Cvik.

Attendance — 21,858 (19,717).

## DUCKS 7, BLUE JACKETS 4

## First Period

1. Anaheim, Cogliano 8 (Sbisa, Blake) 2:14

2. Anaheim, Perry 16 (Ryan, Beauchemin) 13:02

3. Columbus, Nash 13 (Prospal) 17:31

4. Anaheim, Selanne 13 (Getzlaf, Visnovsky) 18:24 (pp)

5. Anaheim, Koivu 6 (Ryan) 18:59

Penalties — Brassard Clb (boarding) 6:55, Methot Clb (interference) 17:52.

Second Period

6. Columbus, Brassard 5 (Johnson, Clitsome) 4:11 (pp)

7. Anaheim, Perry 17 (Koivu, Visnovsky) 18:24 (pp)

Penalties — Beauchemin Ana (roughing) 3:45, Dorsett Clb, Beleskey Ana (fighting) 4:11, Mackenzie Clb (roughing) 17:17, Pahlsson Clb (slashing) 17:43, MacKenzie Clb (misconduct) 18:24.

Third Period

8. Anaheim, Selanne 14 (Hagman, Koivu) 0:27

9. Columbus, Nash 14, 4:27

10. Columbus, Prospal 9 (Dorsett, Pahlsson) 14:06

11. Anaheim, Perry 18 (Beauchemin) 19:17 (en)

Penalties — Dorsett Clb, Beauchemin Ana (misconduct) 0:48, Boll Clb, Brookbank Ana (fighting) 0:53, Beleskey Ana (interference) 2:05, Kublik Clb (boarding) 7:30, Jacques Ana (elbowing major) 14:17.

Shots

Columbus 8 6 4 18

Anaheim 16 7 4 27

Goal (shots-saves) — Columbus: Mason (16-12), Sanford (L, 6-8-3) (start second) (10-8); Anaheim: Hiller (8-7), Tarkki (W, 1-0-0) (18:59 first) (10-7). Power plays (goals-chances) — Columbus: 1-3; Anaheim: 2-5.

Referees — Kyle Rehman, Brad Meier. Linesmen — Lonnie Cameron, Greg Devorski.

Attendance — 13,053 (17,174).

## SCORING LEADERS

G	A	PT
11	38	49
24	24	48
18	30	48
19	28	47
18	29	47
28	17	45
17	27	44
16	28	44
14	29	43
13	30	43
15	27	42
13	29	42
22	19	41
13	28	41
6	35	41
20	20	40
19	21	40
14	25	39
17	21	38
14	24	38
14	24	38

H.Sedin, Vr 11 38 49

Kessel, Tor 24 24 48

Giroux, Pha 18 30 48

Lupul, Tor 19 28 47

D.Sedin, Vr 18 29 4

# After Tebow, many questions

► Banged-up Steelers still reeling following shocking loss to Broncos ► Aging defence may require roster moves

Mike Tomlin wouldn't change a thing. Probably.

The Pittsburgh Steelers coach said Monday he'd defend Broncos quarterback Tim Tebow the same way if given another chance, even after Tebow burned the defending AFC champions for an 80-yard touchdown pass on the first play of overtime to lift Denver to a stunning 29-23 victory.

"Obviously they made some nice plays on us and in hindsight you would analyze it, but your options are limited in terms of how you attack them," Tomlin said.

The Steelers crowded the line of scrimmage and

dared Tebow to beat the NFL's top-ranked defence with his sometimes erratic left arm. Tebow obliged by throwing for 316 yards and a pair of long touchdowns, including the dart Demaryius Thomas turned into the quickest overtime score in NFL playoff history.

"They made a nice football play," Tomlin said.

One that sent the Steelers into what could be an eventful off-season sooner than they hoped.

A year after falling just short in the Super Bowl, the Steelers went 12-5 despite a rash of injuries affecting every position. Even if Pittsburgh had somehow prevailed in



► Steelers coach Mike Tomlin looks on prior to the start of Sunday's game against the Broncos.

Denver, there's no telling how many healthy bodies would have been left to play on Saturday night in

New England. Left tackle Max Starks and nose tackle Casey Hampton both sustained

knee injuries that could require surgery. Defensive end Brett Keisel's groin acted up and linebacker LaMarr Woodley's strained right hamstring remains balky more than two months after tweaking it.

Those injuries don't include quarterback Ben Roethlisberger's sprained left ankle, safety Troy Polamalu's tender right calf or centre Doug Legursky's aching left shoulder.

Cornerback Ike Taylor, who let Thomas get by him for the game winning TD, will get a chance at redemption next season after signing a four-year contract in the pre-season. So will Polamalu and Woodley, who both agreed

to extensions before the regular season kicked off.

They're among the few certainties on a still formidable but aging defence that started seven players in their 30s on Sunday.

Tomlin allowed that "change is a part of this thing" but the Steelers will do what they can to keep the core group together.

There are fewer questions on offence, though the unit underperformed at times, finishing 22nd in the league in points per game. Roethlisberger played through thumb and foot injuries behind an offensive line that didn't find any cohesion until the second half of the season. **THE ASSOCIATED PRESS**

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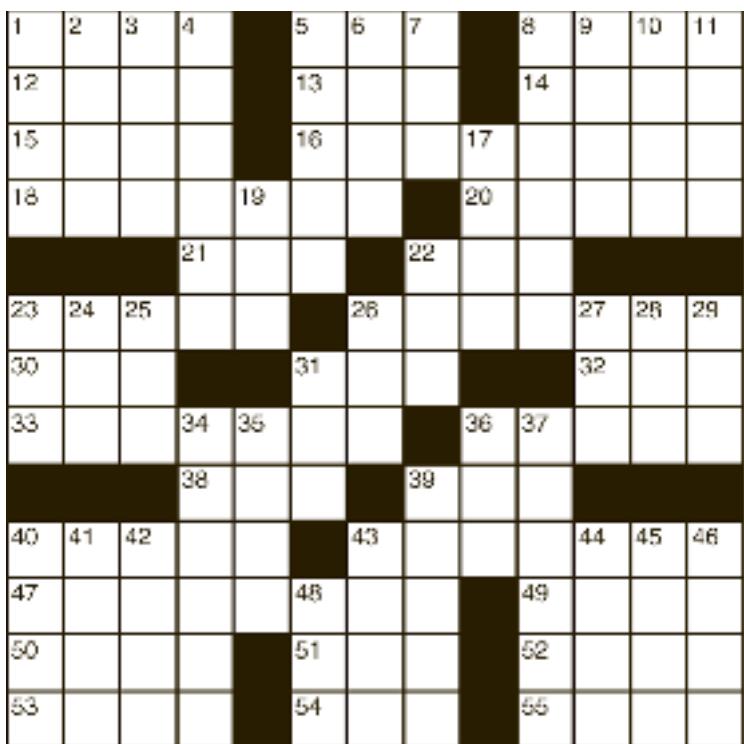
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## Crossword

**Across**

1 Swiss peaks  
5 Omega preader  
8 Old letter opener  
12 Stead  
13 Aries animal  
14 Cut, as hair  
15 Vend  
16 Risque  
18 Away from the Internet  
20 Robust  
21 Part of ESL  
22 "— the ramparts..."  
23 Flowerless plants  
26 Illegally ahead of the football  
30 Bullring bravo  
31 Diner order, for short  
32 Collection  
33 SUV's milieu, maybe  
36 Ballroom favorite  
38 Actress/author Sedaris  
39 Rowing need  
40 Part of Hispaniola  
43 Eccentric  
47 In the wings  
49 Boleyn or Bancroft  
50 El —, Texas  
51 Sportscaster Cross  
52 Little lice  
53 Press  
54 Chef Boy-Ar —  
55 Tend texts



5 Tine  
6 Secure  
7 Global currency org.  
8 Uses Brillo  
9 Troubles  
10 Laugh-a-minute type  
11 Agile  
17 Staff leader?  
19 Officeholders  
22 Frequently  
23 Egg-yung link  
24 Sprite  
25 Ump  
26 Antiquated  
27 Doctrine  
28 Society newcomer  
29 Greek vowel  
31 Chesapeake, for one  
34 Betrays  
35 Leave out  
36 U.K. fliers  
37 Debonair  
39 "The Three Faces —"  
40 Kachina worshipper  
41 Somewhere out there  
42 In that case  
43 Shrek, for one  
44 Oklahoma city  
45 Oppositionist  
46 Exam  
48 Help

**Down**

1 As well  
2 Gladly  
3 Money  
4 Morose

## ► Monday's answer



## Today's horoscope



## ♈ Aries March 21-April 20

You may find it difficult to focus today. But that's OK. Variety is good for you.

## ♉ Taurus April 21-May 21

People you live and work with will have you running in all directions today. Know when to say "no".

## ♊ Gemini May 22-June 21

According to the planets, you are reading too much into what is really a perfectly normal situation.

## ♋ Cancer June 22-July 22

You need to find a way to let off steam without turning people against you. Yes, OK, you have a right to be angry but you also need to think about your reputation.

## ♌ Leo July 23-Aug. 23

What annoys you are trivial things that are simply not worth getting worked up about. Ignore insignificant issues today.

## ♍ Virgo Aug. 24- Sept. 22

People expect you to speak your mind and you certainly won't let them down over the next 24 hours.

## ♎ Libra Sept. 23-Oct. 23

A breakthrough may be closer than you realize.

## ♏ Scorpio Oct. 24-Nov. 22

Avoid getting involved in disputes that have nothing to do with you.

## ♐ Sagittarius Nov. 23-Dec.

21 You may be tempted to place your trust in a friend of a friend,

For today's crossword answers and for expanded horoscopes, go to metronews.ca

simply because they act and sound so confident, but is that such a good idea?

## ♑ Capricorn Dec. 22-Jan. 20

Not everyone takes life as seriously as you, so don't be surprised if something you live or work with fails to see the gravity of your current situation.

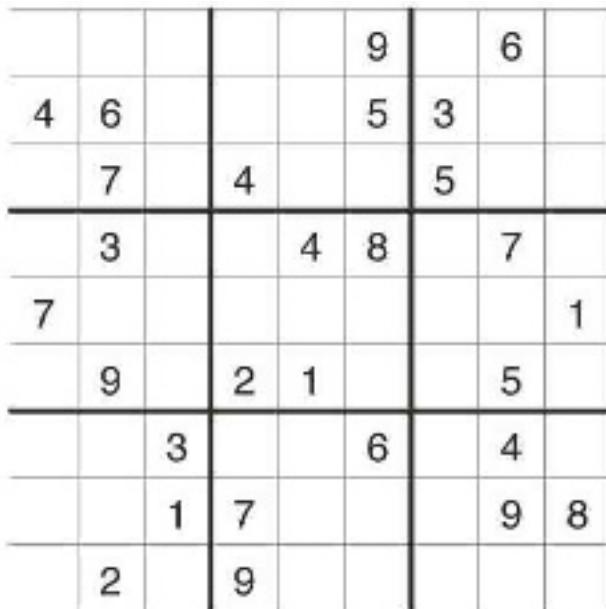
## ♒ Aquarius Jan. 21-Feb. 18

Someone, somewhere is sure to feel the edge of your tongue today.

## ♓ Pisces Feb. 19-March 20.

Don't get uptight if someone whose support you can usually rely on fails to help you today. They have their own life and their own issues. ■ SALLY BROMPTON

## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Monday's answer ►



## Today



## Wednesday



Know what the weather will be 14 days from now. Check the 14 day trend.

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## Caption contest



"We're worth our weight in gold." NOLAN



## You write it!

**WIN!** Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Monday's Metro.

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## Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Smor, You are the type of person I would like to call smor! Always making me laugh-a good quality to have. Love it when you protect me during our occasional walks, if you know what I mean. LOL. I probably made you do things you would have never done yourself so here is to us and for more crazy adventures together. Love you babes! FROM CECI

St. Joseph of Cupertino, Thanks for your help during exams! We really appreciate it, especially since we know how busy you are around that time of the year.

FROM ANIA & MADZIA

Cliff, Hey Cliff if you see this don't give up on contacting me. I can't answer ur texts because I lost my phone. And we have no other way to find each other so please keep trying till i get everything worked out.

FROM UNITY GIRL



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Silver Bullion	\$27.02/ounce
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Coins from 1968	7.9 Times Face Value

##### American Silver Coins

Coins from 1964 or earlier	14.0 Times Face Value
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##### Platinum

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Platinum Jewellery and Industrial (999)	\$32.33/gram
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\*Canadian Dollars

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